

Competitive Gymnastics Teams

We offer a variety of competitive level groups for boys & girls. Most clubs offer a single option for each level where we are able to offer 2 to 4 options for many of the competitive levels.



Naydenov Gymnastics has consistently produced the highest level athletes within our region over the past 20 years. Our athletes, their parents, our consistency with our coaching staff, and our state of the art facility makes us an unbeatable force.

Girl's Pre-Team - Emphasis on strength, flexibility. Equivalent to Advance Beg. Girls.

Girl's Tops - Testing program to recognize young potential elite athletes. National qualifiers are invited to USA Gymnastics National Camp.

Girls Level 4-10 - USA Gymnastics junior Olympic training program with approximately 8 meets a year. Requires booster club membership.

Girl's Elite - These girls are among the few top athletes around the world training at the highest level.

Boys Level 4-10 - Boys train 4 to 16 hours a week with approximately 7 meets a year.

Recreational Gymnastics Classes

(Attend as many times a week that you like)

Parent Tot - 45 minute class for 18 months to 3yrs.

Preschool - 45 minute class for 3½-5yrs.

Hot Shots - One hour class for girls 4-5yrs. This class is for younger girls who need more challenge.

High Flyers - One hour class for boys 4-6yrs. This class is for younger boys who need more challenge.

Mini Beg. Girls - one hour class for 5-6yrs.

Beg. Girls - One hour class for 6-12yrs. Learning cartwheels and more...

Beg. Boys - One hour class for 5½-12yrs. Learning cartwheels, front flips, and more...

Adv. Beg Girls - One hour class ages 6-12yrs. Back handsprings are taught at this level.

Inter. Girls - 1½ hour class for 7-13yrs. Athletes must already have a back handspring.

Inter. Boys - 1½ hour class for 7-13yrs. Athletes should have front flip, cartwheel, pull-over on bars.

Show Team Girls - 2 - 4 hours a week training Levels 4-7 routines. One competition a year and occasional exhibitions.

Rec. Opt. Team Girls - 4-6 hours a week. Level 4 & up. Approximately 1 competition a month.

Teen/Adult Gym - Beg. thru Advance 13yrs & up.

Tumbling / Cheer Stunting - Beg thru Advance 8yrs & up.



Programs offered for ages two to adult.

- Sunday Open Gym
- Friday Open Gym
- Group Parties
- Karate
- Field Trips
- Birthday Parties
- Preschool Learning Center
- Ballet, Jazz, Hip-Hop, Tap
- Sat Parent's Night Out
- Summer Camps



Serving Vancouver since 1983



(360) 944-4444
(503) 283-0440

5313 NE 94TH AVE.
VANCOUVER, WA 98662

www.ngymnastics.com

Vancouver Preschool

Providing Vancouver preschoolers education and fitness since 1995.

(Ages are determined by age as of Aug. 31st)

First Year Preschool - ages 3-4yrs. Tue & Thu 9:15am-12:45pm. Must be potty trained.

Second Year AM Preschool - ages 4-5yrs. Mon, Wed & Fri 9:15am-12:45pm.

Second Year PM Preschool - 4-5yrs. Tue, Wed & Thu 12:15pm-2:45pm.

During the Summer months the preschool education classes are broken into weekly Summer camps.



Playcare

Mon-Fri 4-7pm for ages 3-8yrs. Must be potty trained. Drop In hourly rate.

Summer Camps

Pre School Summer Camps start right after school gets out in June.

Summer Olympics M-F 12-3pm

Sports Camp - Ages 6-12yrs. Eight one week camps scheduled from June through end of August. Includes water slide, gymnastics time, and a variety of sports Mon-Fri 9am-3pm.

Martial Arts

(Once a month on Fridays we host Ninja wars)

Naydenov's Martial Arts classes are about providing men, women and children of all ages with a safe, fun environment in which to develop valuable skills of self-protection, character development, and fitness, while learning Japanese martial arts.

Budokan - 6-11yrs Tu & Th 6-7pm

Budokan - 12yrs & up Tu & Th 7-8pm

Our curriculum incorporates three martial art styles, which are karate, Okinawan weapons, and jujitsu

Dance

(ages 3yrs - Adult)



Ballet I,II,III - Beginning to Advance

Tap - Girls beginning to advance.

Combination 30 Minute Classes - Ballet, hip hop, jazz, tap, and/or gymnastics.

Dance Camps - Summer & Spring

Performance Groups - Competitions throughout the year.

Zumba - Ages 14yrs-Adult



Birthday Party Packages

(Saturday & Sundays)



Birthday packages start at \$130.00 + sales tax. We provide the paper products. We also setup, cleanup and ensure that the children have a fantastic time. You are welcome to bring in food and/or drinks.

Group Parties / Facility Rentals

Rent the facility for a soccer team, school, church group, birthday party, etc..

Fri starting as early as 9pm. Sat starting as early as 10pm. Sun 9am-12noon or Sun after 7:30pm. **New Year's Eve All Night Party** open to the public.

Field Trips

Field trips can be scheduled Mon-Fri 9am-3pm. \$4 per child with a minimum of 10.

Teen's Night Out

Every Friday 8pm-11pm for boys & girls 11yrs & up. Cost \$15 w/sales tax.

Parent's Night Out

Every Saturday 6pm-11pm for boys 5-12yrs and girls 5yrs & up. Cost \$18 (w/sales tax), \$15 if arriving after 8pm. medium pizza from Domino's an additional \$7.

Fri Open Gym "Indoor Park"

Every Fri 12:30-2:30pm for all ages.

Cost: \$9 w/sales tax

Black Friday "Shop Till You Drop" 9am-6pm.

Sun Open Gyms

Every Sun 5-6pm for 11yrs & younger. 6-8pm for 11yrs & up. Cost: \$9 w/sales tax.